

The Significance of Developing Flexibility in Leveling up Physical Fitness of Students

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Annotation: *The article deals with the question of the significance of the development of such a physical quality as flexibility among students in gymnastics classes. The importance of flexibility in increasing the level of physical fitness is substantiated. The interrelation of flexibility with mental activity of students is reflected. Recommendations for the development of flexibility are given, examples of exercises are considered.*

Keywords: *students, physical qualities, flexibility, physical activity, joints, endurance, muscles.*

Introduction. All movements performed by a person are determined by the structure and properties of the body [1]. The variety of properties of the body gives a variety of multiple movements, thanks to which a person develops certain physical qualities. Strength, speed, dexterity, flexibility and endurance are the parameters of the motor functions of the body, the improvement of which contributes to the complex development of the physical state of the muscles [2, 3]. Most of the acquired physical qualities make it possible to painlessly, immediately adapt to all kinds of negative conditions of our life, work and life [4]. They educate character, provide endurance, not only in sports, but also in the daily life of a student. The results of physical exercises are a developed physique, a beautiful and correct posture, the absence of anomalies and disproportions [5, 6, 7].

With the development of physical qualities, the functions of the body are improved, certain motor skills are mastered. In the development and formation of personality, physical education has an influence [8, 9]. Without physical training, students lose the efficiency necessary in the educational process, they are not able to show strong-willed efforts and perseverance in overcoming the difficulties encountered, which interferes with personal development [10, 11]. Apathy, deterioration of health are manifested, especially at certain times of the year. In addition, modernity cultivates hypodynamia (low mobility), monotony of movements. There is a need for comprehensive development, not only mental, spiritual, but also physical [12, 13].

Consider one of the physical qualities - flexibility. Flexibility is a physical quality, the development of which gives rise to the ability to perform exercises with a large amplitude [14, 15]. Also, flexibility is the absolute range of motion in a number of joints, which is achieved in an instantaneous effort. Developed flexibility provides students with speed, freedom, helps to effectively make efforts when performing physical exercises, homework and in the learning process. A high level of flexibility development makes it possible to avoid falling when losing balance [16, 17]. Undeveloped flexibility makes it difficult to coordinate movements, limits the movement of individual parts of the body. Flexibility is due to the central nervous regulation of muscle tone, tension of the antagonist muscles. High excitability and lability of muscles increases their extensibility [18].

The manifestation of flexibility depends on the general functional and psycho-emotional state of the body at a given time. Positive emotions and motivation increase flexibility. Apathy, bad mood, the degree of fatigue worsen performance. External conditions: time of day, muscle temperature, environment have a certain impact on the state of flexibility.



Flexibility depends on several factors. The most important factor that determines joint mobility is anatomical [19, 20]. The limiters of movement are the bones. The range of motion in the joint and the direction determines the shape (flexion, extension, abduction, adduction, supination, rotation). In professional physical training and sports, flexibility is a necessity for performing movements with a large and extreme amplitude. Insufficient mobility in the joints can limit the manifestation of the qualities of strength, speed of reaction, speed of movement, and endurance [21, 22]. Increasing energy consumption (energy consumption by the body for a certain amount of time to perform a certain amount of work), leads to serious injuries to muscles and ligaments.

Flexibility is divided into three types: dynamic (kinetic) - the ability to perform dynamic movements in the joint in full amplitude; static (active) - the ability to accept and maintain a stretched position only with muscle effort; static-passive - the ability to take a stretched position and maintain it with your own weight, holding shells or a partner with your hands [23, 24].

There are also types (forms of manifestation) of flexibility - active and passive. Active - this is the ability of a person to achieve large amplitudes of movement by reducing the muscle groups passing through a particular joint (for example, the amplitude of lifting a leg in a "swallow" balance). Passive flexibility - the ability to perform movements with the greatest amplitude under the influence of external tensile forces: the efforts of a partner, external weights, special devices. With passive flexibility exercises, a greater range of motion is achieved than in active exercises. An informative indicator of the state of the articular and muscular apparatus is the difference between the indicators of active and passive flexibility. This difference is called the active flexibility deficit.

The physical development of the body remarkably affects the performance of students. Stimulates mental activity. Physical training contributes to the development of mental functions (memory, attention, thinking, volitional qualities, adaptation to an aggressive environment). Alternating mental activity with physical, the restoration of working capacity is more expedient, faster and more efficient.

In addition to working capacity, mental activity, the development of flexibility has a positive effect on the body as a whole. Vascular health directly depends on flexibility. Blood vessels have two components - muscular (vessels have their own muscles) and an elastic component. With the development of flexibility, the elastic component of the vessels is trained. The blood is pushed up by the muscles of the vessels, and then gets stuck in special elastic pockets, then these elastic pockets return their shape and squeeze the blood back up. With a poorly developed elastic component of the vessels, varicose veins occur. The blood does not return from the pockets, it lingers and accumulates until a hemorrhage occurs.

Flexibility improves the functioning of the circulatory and respiratory systems, and the main thing for students is to increase the perception and processing of information. Don't forget to stretch after hard workouts. After all, exercises to develop flexibility will help your muscles relax after intense workouts.

Flexibility is necessary for students in life during the educational process and after graduation. The importance of flexibility lies in the acquisition of gracefulness, straight, graceful posture and easy gait, which gives self-confidence. Transformation of the body into more beautiful forms, the muscles become embossed. There are contraindications: recent fractures, inflammatory diseases of the joints, diseases of the spine, high blood pressure, the presence of cracks in the bones and bruises, dislocations. If you experience severe pain, it is recommended to stop exercising.

You can increase the level of physical fitness, develop physical qualities not only in physical education classes, but also visit sections, gyms, and train on your own. The main thing is to conduct training systematically, you can start with a small load, gradually increasing the range of motion,



dosage. Perform exercises moderately, without sudden movements. It is recommended not to take long breaks between exercises. When performing an exercise on a specific area, linger at the maximum stretch point for thirty seconds, then return to the starting position. You need to start with minimal pressure on the muscles, gradually increasing the load. It is recommended to include all major muscle groups in the exercise program.

Conclusions. You cannot neglect the technique of performing exercises, underestimate the need to develop and maintain flexibility, along with other physical qualities. "Rigid tendons" are the most susceptible to injury, and ligaments affect the musculoskeletal system. Muscle elasticity is an important criterion. Often neglecting fluid intake, we bring the muscles to dehydration, which limits the flexibility of the body. Flexibility is also affected by proper nutrition, as well as on the body as a whole. It is important to follow a balanced diet, this recommendation will help not only in the development of flexibility, but in general the acquisition of good health, a beautiful physically developed body.

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